

CATCH

At The

Anchorage Rowing Association Newsletter

May 2019

Welcome Our New Fleet!

Thanks in part to the silent auction, we purchased 8's and 4+'s as well as some oars and a used trailer from Middlebury College where last season's coach Rich Connell is now the head coach. The boats are used but significantly younger than our current fleet and a wise use of the money we were able to raise last Fall through our raffle, silent auction, and some proceeds from the DAVE.

The boats should arrive around the first week of June and we are looking forward to having wing rigged boats like we race in when we travel to the lower 48.

One of the fours is a bow loader meaning that the coxswain will be laying down in the bow and purely focused on steering. This is also a common feature that we use in boats we are loaned in the lower 48 and a great opportunity to gain skills at home.

Our plan for the existing equipment is to offer it to the other Alaskan clubs and to try and support development of a team in the Wasilla/Palmer area where they have ideal lakes and a lot of interest. If we don't have homes in Alaska for the extra equipment we will send it down the highway for lower 48 clubs and/or refurbishing and sale.



Junior Power

By Erica Duke

If the health of a crew can be determined by a strong Jr. program, then ARA is on the right track! Our junior program has attracted many new athletes and has kept a vibrant, talented pool from year to year. Visit any practice and you are likely to see a flotilla of boats on the water. A relatively new U23 category is developing with college students returning for the summer to row. Take a peak and see what just a few of ARA's youth have been doing while away at college.

Finn Hittson is currently in his 2nd year at Case Western Reserve University in Cleveland, Ohio. Finn rowed last summer with ARA after being introduced to rowing his freshman year at Case Western. Finn is 6'5" tall, so it's not hard to imagine how he was recruited his first week at school. Finn is pictured in a 4 that placed 3rd of 12 teams at the Head of the Cuyahoga regatta. Finn also competed in the 2019 Hammer Ergatta against Cleveland State U. and John Carrol U. He placed 1st in the Men's Open 2k with a time of 6:31.5.



Emory Banker is currently in her first year at SCAD, Savannah College of Art and Design, also known as The University for Creative



Careers. Emory is not currently rowing because there is not a club close enough to her school; however, this has not stopped her from getting time on the water. She has joined a sailing club and is pictured here with her sailing crew. She spent half of the practice in the water trying to flip the boat back over from capsizing. I'm sure our single crew can relate!

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**WORLD
MASTERS
GAMES
2021 KANSAI
JAPAN**



Mark the Calendar!

By Ed Hall

In the first-year of existence (1998), ARA rowers participated in World Masters Games in Portland, Oregon. At the Portland Games, they introduced the oldest female competitor, a 93-year-old runner. Then they introduced the oldest male athlete, a 90-year-old swimmer. He coyly took the microphone, looked back at the runner, and said "I just like to let you know that I like older women". Since then, ARA has sent a team to these quadrennial multi-sport games in Edmonton, Canada; Melbourne and Sydney, Australia; and Torino, Italy.

In 2021 the World Masters Games will be in Kansai, Japan. The tentative

dates for the games are May 14-30, 2021. This is early for Alaska and we will have to get set crews and lineups the summer before if we field a large team. In the past the format has been preliminaries, heats, and finals in the same day so you may get to row three times in the day for each lineup if you advance through each round. Japan will be hot compared to Alaska in May but still not in the extreme heat of summer. It is an incredible way to see a new city and meet old and new friends within the sport of rowing. There are no qualifiers for these games. If you can commit the training time and afford the travel costs

you are in. This is not an ARA sponsored trip so we will self-organize so look for announcements in the update for an organizing meeting to gauge tentative interest this summer. The interested group will split up the tasks of finding group lodging as well as figuring out boat rentals and entry systems. We will decide what help we want to ask for from our coaching staff to create racing lineups and set dates for committing to the group travel plans. Many travelers break into smaller groups to do pre or post event sight-seeing so talk it up at practice and see who you can encourage to join you.

For more information visit the website at the top of this article.

www.kansai-wmg2021.org/en/summary.html

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COACHING COMMITTEE

New Class: With input from Rich and discussion via a facilitator moderated meeting, we will be offering a one month combined learn to row/learn to scull class in June. Our goal is to increase our rower retention. *Help get the word out about this new class.*

We are excited to introduce our two new coaches for 2019

Jennifer Saeger



After learning to row at Springside School in Philadelphia during the spring of 2008, Jen has spent the last 11 years dedicated to the sport. After completing her junior rowing career, Jen rowed at Trinity College where she won Head of the Charles gold, won an NCAA National Championship, and while also rowing as a member of Vesper Boat Club, won

multiple Canadian Henley golds, and rowed on the 2015 U23 National Team in the lwt2x. At the culmination of her collegiate career in 2016, Jen jumped the pond and attended Oxford Brookes in Oxford, England where she continued her training while earning her graduate degree. Jen soon returned to the States to earn a spot on the US National Team for the World Championships in the lwt4x (2017) and the Lwt2- (2018). Since then, Jen has been assistant coaching at Middlebury College with prior ARA coach Rich Connell. In her free time, Jen enjoys hiking, cycling, nordic skiing (with questionable skill), and playing with her border collie puppy, Stevie. Jen is super excited to be working with ARA this year!

Nate Goodman



Nate Goodman began his rowing career at Montclair High School in New Jersey. He rowed four years at Yale University, beating Harvard his last three years. Following graduation, Nate spent several years with the US squad in Princeton and Oakland. The Anchorage Rowing Association is Nate's third posting as a coach, the first two coming at the Oakland Athletic Rowing Society (OARS) and his old high school in Montclair.

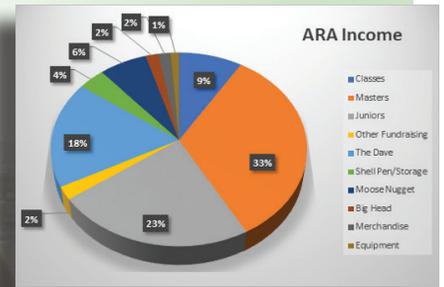
Notes from the Prez By Linda Salter

If you have logged into your member page to make payments for the season you know that our dues and monthly rates for masters and annual fees for juniors are up slightly. The Board voted in February to move towards covering annual expenses with member fees allowing fundraising money to be saved for future equipment purchases. *Our next goal: a new trailer.*



The 2019 ARA Board of Directors

Left to Right Front Four: Yvette Gillies, Erin Bashaw, Elisa Samuelson (VP), Vanessa Norman (Fundraising).
Left to Right Back Five: Erica Duke, Euan MacCleod (Equip), Israel Halcomb (Treas), Piper Jones, Linda Salter (Pres.)



Junior Power continued

Isabella Pope attends La Salle University, a small, D1 school in Philadelphia. She was recruited to row lightweight for women's crew and is learning something new everyday. Isabella comments that they are in the process of rebuilding the women's program and she is grateful to be a part of its new development and excited to see how she will improve over her college career!

Pictured is Isabella in bow of her first college race in a JV eight.



Not only do our juniors populate the lake with boats, they also contribute to ARA by providing coxswains that are used at junior and master level practices. There are 6 or so regular junior coxswains that regularly keep us afloat and safe on the water. Here are two Junior coxswains telling us what they enjoy about coxswaining.



Jessie Hardison has rowed and coxed for ARA since she was old enough to join the junior program. Jessie says one of her most exciting races as a cox came last summer at Green Lake, where she coxed a placing boat that had never rowed together. They were racing next to unfamiliar teams in a new and intense environment, and it put her skills to the test to find ways in the moment to motivate the boat. In contrast, she also loves practicing with a lineup enough to experiment to find out what works and what doesn't. In some boats, a power 10

is the perfect solution for getting them to row together when they are falling apart, and in others it's the solution for making a move on another boat. In other boats, she just needs to give them the goal – say, get ahead of the next boat – and they'll figure out how to do it. Getting in tune with the boat like that is one of the things she says is most fun about coxing.

Simon Mitchell has been rowing with ARA for two years now, and while he doesn't cox regularly, he will occasionally cox at practices and during regattas. Simon finds it really fun coxing other juniors because you're just hanging out with a bunch of your friends in a boat. *"It is really cool knowing that you are relying on your boat to row hard and provide the power that you need to win and that they are relying on you to steer and control the boat,"* comments Simon.



Rowing Cost

Annual Membership Fee

Adult (27 and up).....\$225

Young Adult (19-26).....\$100

Novice Adult Waived
If you've successfully completed class.
Monthly Rowing Fee still applies.

Junior (18 and below).....\$475

This all inclusive amount covers the membership fee and monthly rowing fees for the season.

Monthly Rowing Fees

Applies to each month you row:
May to September.

All Adult Categories\$80 per mon.

Guest Row Drop-In fee.....\$20 per row

Scholarships are available

Classes & Camp

Dates, Cost & Info Are Online

Learn to Row Classes

Learn to Sweep & Scull
Combo Class - **NEW**

Jr's Rowing Camp

Private Lessons

MEMBER BENEFITS

- Shell Pen, Dock and Porta-Pot
- Insurance for coaches and boats
- Regularly scheduled sculling and sweep-rowing practices with coaches
- Access to club boats and equipment for private rowing
- Local and out-of-state race support
- Team social events and service opportunities
- Weekly update emails and online

REQUIREMENTS

- One-time swim test or required life-vest use in rowing shells
- Annual insurance waiver form
- Review USRowing Safety Video every other year

CONTACT US

- anchoragerowing.com
- Row Line at 566-6277 (566-OARS)
- teammanager@anchoragerowing.com
- On Facebook and Instagram

A Polar Plunge By Janet Curran

Alaska rowers aren't immune to the harsh realities of life, but when in need, they have a measure of extra support (and sometimes I do mean extra) gained through countless hours pulling together. From crazy wigs to quiet words in the shell pen, I've seen rowers rooting for each other for years. Then it was my turn. A breast cancer diagnosis in 2016, when I was in my late 40s, turned my world upside down. Let me try a rowing analogy: imagine flipping a single unexpectedly mid-race in an ice-cold lake. Once the shock wears off and you can draw a breath again, you find yourself struggling to right the boat, climb back in, and make your numb limbs work the oars. Diagnosis was my shocking plunge in the ice-cold lake, treatment my climb back in, and recovery my shaky first strokes in the boat. Now imagine how much easier that all would be with friends right next to you, calling out some helpful rowing commands (swim

harder in 2!), tying little decorated pink floaties on your arms, handing you some choice hot liquids, and organizing a food brigade to feed the worried crowd on shore. That's a little cheesy, but honestly, that's what the support from the Alaska rowers felt like – friends to keep me grounded, motivated, and amused, my family and I fed, and a boat there waiting for me whenever I was ready to row again. Thanks for keeping me involved, for the amazing Dammit Janet shirts and outhouse at the Run for Women, the buoy banner, the shaved legs, the hats, and the meals, for forgiving my wobbly, weak rows, explaining my lameness to the new coach, and for just being the awesome connected community that you are! I'm grateful for everyone and happy to report that at two years post-treatment, I'm doing great and have set sights on some out-of-state racing this season.

See you on the water!



2019 ROWING SCHEDULE

Tentative Shell Pen Move
April 26 and 27

Ice Breaker 2019 **May 9**

Natl LTR Day: **June 1**

Junior Camp: **June 3-7**

Mayor's marathon aid station
June 22, 7:45 am - 12:30 pm

Moose Nugget Regatta
July 20-21

Green lake: **August 3**

The Dave- ARA's Annual Fundraiser
August 11

The Dave is moving to August – This corporate challenge is our primary fundraiser! Know of a company? Volunteer opportunities coming.

Tail of the Bear: **August 17**

Big Head: **Sept. 14**

Tail of the Lake: **October 6**